

# Tafaariiqleyda Dhaqamada Kala Duwan & Tallaalada

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Gobalka Minnesota wuxuu tallaalayaa dhammaan dadka reer Minnesota ee 16 sano jirka ah ama ka wayn. Si kastaba, gobolka wuxuu wali mudnaanta siinaya shaqaalaha ka shaqeeya goobahan shaqada ee soo socda: Macalimiinta E-12, shaqaalaha warshadaha cuntada, shaqaalaha beeraha, shaqaalaha garoonka diyaaradaha, goobaha dhaqan-celinta, gacan fidyaasha koowaad, soosaarka cuntada, ka ganacsiga cuntada, adeegga cuntada, warshadaynta, shaqaalaha caafimaadka fayo-dhowrka, gaadiidka dadweynaha, iyo shaqaalaha Adeegga Boostada ee Mareykanka.

Adiga iyo ganacsigaaga ayaa qeyb ka ah kooxdan mudnaanta leh. Tafaariiqleyda dhaqamada kala duwan iyo shaqaalaha bakhaarada raashinka ahaan, waxaad qeyb muhiim ah ka qaadatay inaad ilaalso caafimaadka bulshadeena oo Aad quudiso xitaa xilligan safmarka lagu jiro. Waaan kuula soo xiriireynaa inaan hubino inaad heysato agabki Aad ku qorsheysan lahayd sidi Aad u tallaali lahayd shaqaalahaada oo Aad gacan nooga siin lahayd inaan xaqijino in dhammaan shaqaalahaada ay ogyihii sidi ay ku heli lahaayeen tallaaladooda.

## Tallaal Qaadashada

Habka ugu wanaagsan ee tallaalka lagu siiyo shaqaalahaada waa in lagala hadlo inay iska diiwaangeliyan bogga Xiriiryaha Tallalka Gobalka. Isdiiwaangelintan fudud ayaa lagu heli doonaa macluumaadka loo baahan yahay si loogu xusho inay ballan ka qabsadaan rugaheena tallalka ee gobalka uu maamulo. Minneapolis, Duluth, Rochester, Bloomington, Eagan, Saint Paul, St. Cloud, Mankato, Oakdale, iyo Lino Lakes. Hubso in shaqaalaha ay u doortaan "Food Retail" ("Ka Ganacsiga cuntada") shirkadooda ka ib waxaa mudnaan loo siin doonaa balanta tallalka.

Marka loo doorto inay ballan qabsadaan, shaqaalaha waxay iimayl iyo/ama fariin qoraal ah ka heli doonaan bixiyaha tallalka ee u shaqeeya Gobalka (sida PrimaryBio, Vault, Specialist). Kadib markaa waxay ballan u qabsan karaan waqtii iyo goob ku habboon jadwalkooda.

Xiriiryaha Tallalka waxaa lagu heli karaa afar luuqadood:

- Ingiriis - <https://vaccineconnector.mn.gov/en-US/>
- Isbaanish - <https://vaccineconnector.mn.gov/es-ES/covid-19%20vaccine/>
- Soomaali - <https://vaccineconnector.mn.gov/nl-NL/covid-19%20vaccine/>
- Hmong - <https://vaccineconnector.mn.gov/da-DK/covid-19%20vaccine/>

Dadka reer Minnesota waxay ka wici karaan Khadka Taleefonka Dadweynaha Tooska ah ee COVID-19 ee Waaxda Caafimaadka Gobalka Minnesota lambarka 1-833-431-2053 si ay u helaan caawimaada luuqada iyo su'aalo kasta oo ku saabsan iska diiwaangelinta Xiriiriyaha. Waa lacag la'aan, dadka reer Minnesota uma baahan doonaan inay la imaadaan Aqoonsiga Dawlada ay bixiso ama ceymis caafimaad si loo tallaalo, oo wax su'aal ah oo ku saabsan xaalada degenaansho la isma weydiin doono abid.

Xiriiriyaha tallaalka ayaa ah hab fudud oo lagu ogaado halka aad tallaal ka heli karto. Balse ma ahan habka kaliya ee jira. Wuxaa sidoo kale isticmaali kartaa khariiradeena [Hel Goobaha Tallaalka \(Find Vaccine Locations\)](#); wuxaa eegi kartaa bogga intarneet ee [Helaha Tallaalka CDC \(CDC VaccineFinder\)](#); ama wuxaa kala hadli kartaa farmasiga deegaanka, bixiyaha caafimaadkaaga, ama waaxda caafimaadka fayodhowrka deegaankaaga fursadaa suuragalka ah.

Waxaa naga go'an inaan xaqijino in qof kasta oo reer Minnesota ah uu heli karo tallaalka.

## **Walaacyada Tallaalka iyo Talooyinka**

Talaallada COVID-19 ayaa ah kuwo badqab iyo waxtar leh, waxaana laguugu dhiirigelinaya inaad la hadasho shaqaalahaada si aad u diyaarisaa qorshe ay ku qaataan tallaaladooda.

- Markaad qaadato tallaalkaaga COVID-19, wuxaa yeelan kartaa waxyelloyin ka dhasha tallaalka sida meesha lagaa duray oo ku xanuunta, inaad daal ama xauun dareento, ama inaad madax xanuun yeelato. Dadka qaarkood waxay yeelan karaan qarqaryo ama qandho. Sidoo kale waa iska caadi haddii aad yeelanin waxyelloyin! Qof kasta wuxuu ugu falcelin doonaa tallaalka si gaar ah waana wax iska caadi ah.
- Markaad qaadato tallaalkaaga COVID-19, wuxaa yeelan kartaa waxyelloyin ka dhasha tallaalka sida meesha lagaa duray oo ku xanuunta, inaad daal ama xauun dareento, ama inaad madax xanuun yeelato. Dadka qaarkood waxay yeelan karaan qarqaryo ama qandho. Sidoo kale waa iska caadi haddii aad yeelanin waxyelloyin! Qof kasta wuxuu ugu falcelin doonaa tallaalka si gaar ah waana wax iska caadi ah.
- Badbaadinta nafta ayaa ah waxa ugu muhiimsan, oo tallaalada COVID-19 waxay badbaadin doonaan nafaf. Tallaalada COVID-19 waa kuwa ammaan ah oo waxtarna leh.
- Si aad u hesho maclumaaad dheeraad ah fadlan booqo Sanduuqa Isgaarsiinta Bulshada (Community Communications Toolkit) oo ay ku jiraan maclumaaad ku saabsan dhammaan tallaalada oo luuqada badan leh:  
<https://www.health.state.mn.us/diseases/coronavirus/vaccine/communitytk.html>

## **Sii Wadida Inaad Badqab Ahaato**

Gobalka wuxuu diyaariiyay qorshaha u diyaar ahaanshaaha COVID-19 oo wata shuruudo iyo tilmaamo aad ku ilaalso badqabka shaqaalahaada iyo dadka ku soo boqanayo. Ka eeg maclumaaad dheeraad ah:

- Tilmaamaha Qorshaha U Diyaar Ahaanshaha: Shuruudaha Looga Baahan Yahay dhammaan Ganacsiyada iyo Hay'adaha kale  
[\(https://dli.mn.gov/sites/default/files/pdf/COVID\\_19\\_preparedness\\_plan\\_requirements\\_guidelines\\_businesses.pdf\)](https://dli.mn.gov/sites/default/files/pdf/COVID_19_preparedness_plan_requirements_guidelines_businesses.pdf)

- Tilmaamaha Badqabka ee Loogu Talagalay Dhammaan Ganacsiyada iyo Hay'adaha kale (<https://staysafe.mn.gov/industry-guidance/all-businesses.jsp>)
- Waji daboolada (afsaabyada) waa in lagu xirtaa gudaha, iyo sidoo kale dibada goobaha ay dadka isku jirsan karin ugu yaraan 6 fuud mar walbo.
- Guriga joog haddii: aad yeelato astaamaha COVID-19; lagaa helo cudurka; aad sugeyso natijjooyinka baaritaanka caalamado aad yeelatay ama beylah noqosho aawadeed; ama aad ka ag dhawaatay qof qaba COVID-19.
  - Haddii lagaa helo ama aad yeelato astaamaha COVID-19, guriga joog oo ka fogoow dadka kale (is-gooniyeelel) ugu yaraan 10 maalmood IYO ilaa iyo inta aad qandho iska weydo ugu yaraan 24 saacadood oo aad soo roonaato.
- Haddii aad ka ag dhawaatay qof qaba COVID-19 (tusaale ahaan, qof aad la nooshahay, aad la shaqeysyo ama dugsi isla dhigataan), guriga joog oo ka fogoow dadka kale (is-karantiil) ilaa iyo 14 maalmood.
- Wixii maclumaaad dheeraad ah, ka eeg: Ka Ag Dhawaanshaha Dadka iyo Dabagalka: COVID-19 ([www.health.state.mn.us/diseases/coronavirus/close.html](http://www.health.state.mn.us/diseases/coronavirus/close.html)).

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## Wax Badan Ka Ogow

- **Sanduuqa Loo-shaqeeyaha (Employer Toolkit)** – goob uu loo-shaqeeya walbo ka heli karo maclumaaad ku saabsan tallaalida shaqaalaha shaqadooda (<https://mn.gov/covid19/vaccine/employer-toolkit/index.jsp>).
- **Sanduuqa Tallaalka ee Bulshada (Vaccine Community Toolkit)** – Kani waa sanduuq loo diyaariiyay inuu gacan ka geyso waxbarida bulshada ee tallaalka COVID-19 ([www.health.state.mn.us/diseases/coronavirus/vaccine/communitytk.html](http://www.health.state.mn.us/diseases/coronavirus/vaccine/communitytk.html)).
- **Bandhig Muuqaaleed Fasiran(Translated Infographics)** – Goob laga soo dejisto oo laga daabacdo warqado muhiim ah oo ku qoran 10 ka mid ah luuqadaha ugu muhiimsan ee looga hadlo Minnesota (<https://mn.gov/covid19/share-our-message/translations/index.jsp>).
- **Sanduuqa Tallaalka COVID-19 (COVID-19 Vaccine Toolkit)** – Kani waa sanduuq ay sameysay CDC si gacan looga geysto wax barida qeybaha bulshada ([www.cdc.gov/coronavirus/2019-ncov/vaccines/toolkits/community-organization.html](http://www.cdc.gov/coronavirus/2019-ncov/vaccines/toolkits/community-organization.html)).

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## Hel macluumaadka ugu danbeeyay ee lagu kalsoonaan karo ee COVID-19

- fayraska Koroona 2019 ee MDH (MDH Coronavirus Disease 2019) (COVID-19)  
([www.health.state.mn.us/diseases/coronavirus/index.html](http://www.health.state.mn.us/diseases/coronavirus/index.html))
- CDC: COVID-19 ([www.cdc.gov/coronavirus/2019-ncov/index.html](http://www.cdc.gov/coronavirus/2019-ncov/index.html))



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